1. A method of treating a human patient for unipolar major depression, comprising administering an omega-3 fatty acid to said patient at a dosage sufficient to reduce or eliminate the symptoms of unipolar major depression.

2. The method of claim 1, wherein said omega-3 fatty acid is administered at a dose of between about 1 and about 30 grams per day.

3. The method of claim 1, wherein said omega-3 fatty acid is in a substantially pure form.

4. The method of claim 1, wherein said omega-3 fatty acid is eicosapentanoic acid.

5. The method of claim 4, wherein said eicosapentanoic acid is administered at a dose of between about 2 and about 10 grams per day.

6. The method of claim 1, wherein said omega-3 fatty acid is docosahexanoic acid.

7. The method of claim 6, wherein said docosahexanoic acid is administered at a dose of between about 1 and about 5 grams per day.

8. The method of claim 1, wherein said omega-3 fatty acid is alpha-linolenic acid.

9. The method of claim 1, further comprising administering a pharmaceutically effective dose of at least one member of lithium, a pharmaceutical antidepressant, an herbal antidepressant, an anticonvulsant, a mood stabilizer, an antipsychotic agent, and a benzodiazepine.

10. An omega-3 phosphatidylcholine useful in the treatment of unipolar major depression consisting of glycerol, wherein:

a) the α and β carbons of said glycerol are both esterified to a fatty acid, at least one of which is an omega-3 fatty acid; and

b) the γ carbon of said glycerol is esterified to phosphocholine.

11. The omega-3 phosphatidylcholine of claim 10, wherein both the α and β carbons of said glycerol are esterified to an omega-3 fatty acid.

12. The omega-3 phosphatidylcholine of either claim 10 or 11, wherein eicosapentanoic acid is esterified to a member of the α carbon, the β carbon, and both the α and β carbons of said glycerol.

13. The omega-3 phosphatidylcholine of either claim 10 or 11, wherein docosahexanoic acid is esterified to a member of the α carbon, the β carbon, and both the α and β carbons of said glycerol.

14. The omega-3 phosphatidylcholine of either claim 10 or 11, wherein alpha-linolenic acid is esterified to a member of the α carbon, the β carbon, and both the α and β carbons of said glycerol.

15. The omega-3 phosphatidylcholine of claim 10, wherein eicosapentanoic acid is esterified to the α carbon of said glycerol and docosahexanoic acid is esterified to the β carbon of said glycerol.

16. The omega-3 phosphatidylcholine of claim 10, wherein docosahexanoic acid is esterified to the αcarbon of said glycerol and eicosapentanoic acid is esterified to the β carbon of said omega-3 phosphatidylcholine.

17. A pharmaceutical composition comprising the omega-3 phosphatidylcholine of claim 10, wherein one or more unit doses of said composition provides an amount of said omega-3 phosphatidylcholine sufficient to reduce or eliminate the symptoms of unipolar major depression.

18. The pharmaceutical composition of claim 16, further comprising a member of lithium, a pharmaceutical antidepressant, an herbal antidepressant, an anticonvulsant, a mood stabilizer, an antipsychotic agent, and a benzodiazepine..

19. A method of treating unipolar major depression in a human patient, comprising administering the omega-3 phosphatidylcholine of claim 10 to said patient at a dose sufficient to reduce or eliminate the symptoms of unipolar major depression.

20. The method of claim 19, further comprising administering a pharmaceutically effective dose of at least one member of lithium, a pharmaceutical antidepressant, an herbal antidepressant, an anticonvulsant, a mood stabilizer, an antipsychotic agent, and a benzodiazepine.

21. A kit comprising a carrier containing in close confinement therein one or more components, wherein:

a) a first component contains an omega-3 fatty acid; and

b) a second component contains a psychotropic medication useful in the treatment of unipolar major depression.

22. The kit of claim 21 wherein:

a) said first component contains an omega-3 fatty acid selected from the group consisting of eicosapentanoic acid, docosahexanoic acid, and alpha-linolenic acid; and

b) said second component is selected from the group consisting of lithium, pharmaceutical antidepressant, an herbal antidepressant, an anticonvulsant, a mood stabilizer, an antipsychotic agent, and a benzodiazepine.

23. A kit comprising a carrier containing in close confinement therein, none or more components wherein:

a) a first component contains an omega-3 phosphatidyl-choline; and

b) a second component contains a psychotropic agent useful in the treatment of unipolar major depression.

24. The kit of claim 23, wherein the α carbon of said glycerol is esterified to eicosapentanoic acid and the β carbon of said glycerol is a esterified to doocosa-hexanoic acid.

25. The kit of claim 23, wherein the α carbon of said glycerol is esterified to docosahexanoic acid and the β carbon of said glycerol is a esterified to eicosapentanoic acid.

26. The kit of claim 23, wherein a member of eicosapentanoic acid, docosapentanoic acid, and alpha-linolenic acid is esterified to a member of the α carbon, the β carbon, and both the α and β carbons of said glycerol.

27. The kit of any one of claims 23-26, wherein said second component is selected from the group consisting of lithium, pharmaceutical antidepressant, an herbal antidepressant, an anticonvulsant, a mood stabilizer, an antipsychotic agent, and a benzodiazepine.